

Grains

Make half your grains whole

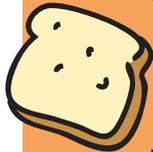
Eat 6 oz. every day

In Idaho we grow many types of grain including wheat, barley, oats, and corn.



Wheat is made into flour for bread, tortillas, pizza crust, and pasta.

Idaho farmers produce over **101 million bushels** of



wheat. If we had to consume all the wheat grown in Idaho, we would each have to eat

249 slices of bread every day!

Instead, we export over half of the wheat we grow to other countries such as Japan, Phillipines, and Taiwan.



Eat at least 3 oz. of whole grain cereals, breads, crackers, rice, or pasta every day.

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal or pasta.

Vegetables

Vary your veggies

Eat 2 1/2 cups every day

It's easy to vary your veggies in Idaho! We grow asparagus, beans, carrots, corn, cucumbers, lettuce, onions, peas, tomatoes, squash, and of course our **famous Idaho Potatoes.**



Idaho farmers grow over **13 billion pounds** of potatoes every year — more than any other state!



Did you know we grow **144 different crops** in Idaho?

Eat more dark green veggies like spinach & other dark, leafy greens.

Eat more orange vegetables like carrots and squash.

Eat more dry beans and peas like pinto beans, kidney beans, & lentils.

Fruits

Focus on fruits

Eat 2 cups every day

Fresh Idaho fruit is **sweet and delicious.** Try apples, apricots, blueberries, cherries, grapes, melons, nectarines, pears, plums, raspberries, or rhubarb.



Fruits from southwest Idaho are **exported** around the world to places like Japan, Taiwan and China.

Do you know what a **pluot** is?

It is a juicy purple fruit created by crossing a plum and an apricot!



Eat a variety of fruit in a variety of colors!

Choose fresh, frozen, canned, or dried fruit.

Go easy on fruit juices.

Milk

Get your calcium-rich foods

You need 3 cups every day

Idaho dairy cows produce over **9 billion** pounds of milk each year.

That's nearly **1.3 billion gallons**— enough for every person in Idaho to have **34 glasses** of milk every day!



From all this milk, we produce over **700 million pounds** of cheese!

Most dairies are located in southcentral Idaho, where water and feed are plentiful.



Go low-fat or fat-free when you choose milk, yogurt, or other dairy products.

If you don't or can't consume milk, choose lactose-free products or other calcium sources, such as fortified foods and beverages.

Meat & Beans

Go lean with protein

Eat 5 1/2 oz. every day

In addition to beef and lamb, Idaho raises elk and buffalo for meat.

Did you know Idaho is number one in trout production?

Nearly **37 million** fish are raised every year—about 75% of all the trout raised for food in the U.S.



There are many non-meat protein sources. Idaho grows dry beans, lentils and peas.

These crops are grown in an area of northern Idaho called the "Palouse," near Moscow.



Choose low-fat or lean meats and poultry.

Bake it, broil it, or grill it.

Vary your protein routine—choose more fish, beans, peas, nuts or seeds.



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